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Upcoming Events:

Dec. 1

Live Life to the Fullest

A CE Webinar

Presenter: Dr. Lisa Firestone

[Learn more or sign up](#)

Dec. 4

Adult Attachment in Romantic Relationships:

Overcoming the Fear of Love

A CE Workshop in Boston, MA

Presenter: Dr. Lisa Firestone

[Learn more or sign up](#)

Dec. 5

Advances in Addressing Violence: Assessment, Attachment and Treatment

A CE Workshop in Boston, MA

Presenters: Dr. Lisa Firestone and Dr. Robert Kinscherff

[Learn more or sign up](#)

May 13-15

Overcoming the Fear of Love

A Weekend Workshop in Esalen – Big Sur., CA

Presenters: Dr. Lisa Firestone and Joyce Catlett

[Learn more or sign up](#)

Donate to Glendon

Welcome to our Quarterly Newsletter!

Welcome! Today, with Thanksgiving around the corner, all of us at The Glendon Association want to take a moment to express how grateful we are for your support. With all the benefits of gratitude, which we go into later in this newsletter, we feel moved to acknowledge all the people who make our work possible and who make this organization a remarkable and fulfilling place to spend our days.

At this time in our society, as we try to erase the hurtful stigmas that so often surround the subject of mental health, we are both hopeful and inspired in our effort to reach out and improve the lives of individuals, couples and families. Everything we do at Glendon is grounded in the firm belief that every person has the right to pursue a life of unique and personal meaning, and that every life is valuable.

In this newsletter, we will highlight some of the events, workshops, Webinars, eCourses, articles books and films that we've made available to the public and professionals in the field of mental health. Our greatest hope is that you will find something of value that will positively affect your life or make you see yourself or those around you in a new light. For this opportunity, we are very grateful.

Warm Regards,
 Nina Firestone
 Managing Director

The Life-Changing Benefits of Gratitude

Most of us recognize the importance of gratitude as a personal principle. Gratitude has the unique power to ground, center and unite us. Studies even show it can have phenomenal benefits to our physical and mental health.

Staying in touch with our grateful feelings helps us remember who we are and what's important to us. And yet, many of us aren't generally aware of the countless rewards that can come from practicing gratitude in our daily lives.

With all the buzz of a busy day, it's easy to let acts and acknowledgments of recognition fall by the wayside. So, how can we cultivate more gratitude - not just forcing a thank you but feeling a deeper connection and appreciation toward our lives and the characters that fill them up?

This month, Dr. Lisa Firestone explores this subject in her blog "[The Healing Power of Gratitude](#)." Some of these benefits include:

- Better physical health
- Increased happiness
- Reduced stress
- Improved mental strength
- Lasting relationships
- Fewer aches and pains
- Stronger self-esteem
- More positive attitudes and optimism
- Increased likelihood to help others
- Further progress toward personal goals
- Increased enthusiasm, alertness and determination

The positive ripple effect of gratitude can help us live a life of meaning and compassion. To learn more about how you can feel more present, appreciate life and tap into your feelings of gratitude, read Dr.

Help support Glendon by making a [contribution](#) online today.

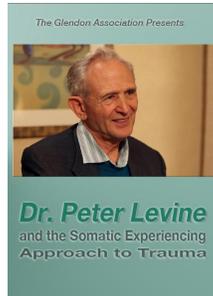
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Firestone's blog here.

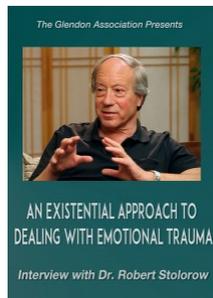
Now Available: Video Interviews with Dr. Peter Levine and Dr. Robert Stolorow - Watch on Instant Stream or DVD

Glendon's [Mental Health Expert Interview Series](#) now features two exclusive new interviews with trauma experts Dr. Peter Levine and Dr. Robert Stolorow. Each of these interviews is available to stream online or order on DVD.



Dr. Peter Levine and the Somatic Experiencing Approach to Trauma

In this video, Dr. Peter Levine illuminates the Somatic Experiencing Approach to treating trauma. He begins by discussing the origins of his work in trauma and what led him to develop the Somatic Experiencing Approach. Dr. Levine describes how this approach helps heal trauma. He offers various examples of how the Somatic Experiencing Approach has been applied successfully, including treating children, veterans suffering from PTSD, and groups who have recently experienced a natural disaster. This video not only gives the viewer the opportunity to understand Dr. Levine's methodology, but it also offers a rare opportunity to watch him practice this approach with patients. [Learn More](#)



An Existential Approach to Dealing with Emotional Trauma

In this interview, Dr. Robert Stolorow presents an existential approach to dealing with trauma. He begins by discussing his personal experience of traumatic loss and how he came to understand that the essence of trauma, looked at phenomenologically, is overwhelming emotional pain. He also explains that what is overwhelming about the emotional pain and what makes it unendurable is when one has to endure it alone. He talks about how his in-depth study of existential analysis further informed his understanding of emotional trauma. Dr. Stolorow goes on to explain the therapeutic process of treating trauma, highlighting the importance of the therapist-patient relationship. He points out that the therapist can provide the "relational home" where the patient's pain no longer has to be borne alone. [Learn](#)

[More](#)



See a full list of our mental health expert interview series films [here](#).

Watch Webinars on Suicide Prevention, Fighting Depression and Living Life to the Fullest

This past September and October, we were very pleased to host two free Webinars on understanding and preventing suicide and effective ways to fight depression. These Webinars are now available to watch online at PsychAlive.org for free. Learn about these and upcoming Webinars below:

[Help Save a Life: Understanding and Preventing Suicide](#)



In September, we welcomed mental health advocate and author Kevin Hines, who survived his own suicide attempt and now works to educate others on mental health awareness and suicide prevention. You can now watch Dr. Lisa Firestone's presentation featuring Kevin [here](#).

[Effective Ways to Fight Depression](#)



In October, Dr. Lisa Firestone presented the Webinar "[Effective Ways to Fight Depression](#)," which explored different tools people can use to challenge the roots of depression. [Watch now](#)

[Live Your Life to the Fullest](#)



On Dec. 1, Dr. Lisa Firestone will present a Webinar on how to "Live Your Life to the Fullest." The CE presentation, which is available to the public and mental health professionals, will explore the subject of differentiation and how to go about discovering and pursuing what you really want in life.

Glendon's Efforts to Help Prevent Suicide in the Local Community

For the past 30 years, The Glendon Association has been committed to the fight to save lives by providing education and training on understanding and preventing suicide.

This year during National Suicide Prevention month, Dr. Lisa Firestone offered a state-of-the-art suicide training workshop, which provided local therapists with the tools they need to effectively deal with the issue of suicide in their practice. The half-day training was hosted by Westmont College and offered for free to over 100 mental health practitioners.



For the third year, Glendon partnered with AFSP.org to host the "Out of the Darkness Walk" to help prevent suicide. This year participation was up 63 percent with close to 300 people walking together in honor of their loved ones whose lives were lost to suicide. Glendon coordinated an extensive resource fair, which included many local mental health service agencies.

Mayor Helene Schneider and County Board of Supervisors Superintendent Salud Carbajal presented Glendon with proclamations of service to recognize our ongoing suicide

prevention efforts in the community.

Latest Blogs from Lisa Firestone & Robert Firestone

Blogs by Lisa Firestone, Ph.D.

- Forgiveness: The Secret to a Healthy Relationship
- How Your Attachment Style Affects Your Parenting
- Getting Over Relationship Insecurity
- Overcoming Two of Parenting's Greatest Challenges
- 7 Ways Your Childhood Affects How You Parent
- Saving Lives From Suicide
- The Value of Sadness
- Why We Won't Let Ourselves Be Happy
- Do You Have an Honest Relationship?
- 5 Things to Do Today to Save Your Relationship
- A Challenge to Mothers Everywhere
- Are You Single for the Right Reasons?
- Are You Giving Up on Love?

Blogs by Robert Firestone, Ph.D.

- Why Are So Many Parents Limited in Loving Their Children?
- The Simple Truth about Anger

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